



#BeThere for Every Sailor, Every Day.

Sailor Assistance and Intercept for Life (SAIL)

Training for Suicide Prevention Coordinators

Navy Suicide Prevention Branch, OPNAV N171

October 2016



Objectives

The objective of this training is to educate suicide prevention coordinators (SPCs) on the Navy's Sailor Assistance and Intercept for Life (SAIL) Program as outlined in [NAVADMIN 208/16](#).

- SAIL purpose and benefits
- Reporting requirements and SPC responsibilities
- SAIL process



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What is SAIL?

The SAIL Program...

- Is an intervention strategy that provides rapid assistance, ongoing risk management, care coordination and reintegration assistance for Sailors identified with a suicide-related behavior. Participation is completely voluntary.
- Supplements mental health treatment by providing continuous contact throughout the critical first 90 days after a suicide related behavior.
- Applies evidence-based tools—the Columbia Suicide Severity Rating Scale (C-SSRS) and Veteran’s Administration Safety Plan (VA Safety Plan)—to monitor the needs of and provide additional resources to Sailors who accept the program.
- Promotes a collaborative relationship with healthcare providers and command leadership.
- Facilitates the coordination of additional resources for Sailors beyond medical intervention to promote ongoing recovery and success.

SAIL is not designed to replace existing services and is not a form of treatment.



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Why do we need SAIL?

- Previous suicide-related behavior (SRB) significantly increases the risk of future suicide.
- Approximately 40% of Sailors who died by suicide had a previous SRB.
- Maintaining contact with and coordinating care services for individuals who have exhibited an SRB has been shown to prevent future suicide ideation and attempts.



Reporting Requirements

When an SRB occurs, the SPC will:

1. Visit Navy Suicide Prevention's SAIL webpage (www.suicide.navy.mil > [Command & Leaders](#) > [SAIL](#))
2. Click on the link titled "SAIL Mailbox"
3. Submit the required information via encrypted email to MILL_N17_SAIL.fct@navy.mil, subject: SAIL REFERRAL

The SPC should *not* contact the Sailor directly to obtain their information. Command administrative resources should be utilized.

Required Information

- a) OPREP/SITREP DTG
- b) Sailor's Last Name
- c) Sailor's First Name
- d) Sailor's Middle Initial
- e) Sailor's Rank
- f) Sailor's Work Phone
- g) Sailor's Cell Phone
- h) Sailor's Email Address
- i) Command
- j) Base/Installation
- k) Region
- l) Commanding Officer's Name
- m) Commanding Officer's Phone
- n) Commanding Officer's Email



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Sending Encrypted Mail to the SAIL Mailbox

If experiencing problems sending a SAIL referral via encrypted email:

1. Go to website: <https://dod411.gds.disa.mil>
2. Enter the SAIL email link: MILL_N17_SAIL.fct@navy.mil
3. Click "Search"
4. Click on "BUPERS"
5. Click on the appropriate download link (usually: Download Certificate(s) as vCard Outlook & Internet Explorer or Netscape 7.x Required)
6. Select Certificate
7. Click "Save"
8. Once downloaded, member can send encrypted emails to SAIL Mailbox



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SAIL Process

Command

Submit OPREP/SITREP

SPC submits individual's name and contact information to MILL N17 SAIL.fct@navy.mil using encrypted mail



Navy Suicide Prevention Branch, OPNAV N171

Forward Sail Referral information to CNIC

Maintain SRB Spreadsheet



Commander, Navy Installations Command (CNIC)

Enter Sailor's information into database

Forward Sailor's Contact Information to Installation FFSC



Installation Fleet & Family Support Center

Contact Sailor to offer SAIL services

If Sailor accepts, assist with setting up requested services and resources

Contact Sailor at 3,7,14, 30, 60, and 90 days using CSSR-S and VA Safety Plan to Assess Risk

Record Contact in Case Management System



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Update your Crisis Response Plan

- Command crisis response plan must include process to notify SPC of all suicide related behaviors and timely submission of reports to OPNAV N171 to initiate SAIL referral.
- Maintain the Sailor's privacy. The Sailor's information must be protected in compliance with the Privacy Act, HIPAA and applicable directives on a need to know basis only.
- More information on developing crisis response plans can be found in the Commanding Officer's Suicide Prevention Program Handbook ([link](#)).



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SAIL Questions

Please contact OPNAV N171 if you have questions regarding the SAIL Program.

Navy Suicide Prevention Program Office

(901) 874-6613

MILL_N17_SAIL.fct@navy.mil